

Williamson County Walk/Run



Presented by the Williamson County Health Department

Join us!

FREE Program offering a training plan and tons of motivation to help you to meet your goal of completing a 5K at your pace on April 9th.

Group runs will be held at Pinkerton Park beginning:

Saturdays 8-9 a.m., January 30th - April 9th (Race Day!!!)

Tuesdays 5-6 p.m., February 2nd-April 5th

Name: _____ Birthday: ____/____/____ Age on Race Day: _____
Address: _____ City: _____ Zip: _____
Phone: _____ Email: _____ Male _____ Female _____
Emergency Contact Name and Phone: _____
Have you ever participated in a 5k race? _____

Participation Wavier

I, _____, the undersigned, hereby agree to hold Williamson County Health Department, it's employees, Franklin Parks and it's employees immune from and against any and all liability, claims, losses, expenses, judgments, injuries or damage, for either personal injury or property damage which may be incurred during my participation in the Couch to 5k training program. I understand and acknowledge that no insurance is provided and I understand that I am solely responsible for any medical or other expenses that may arise by virtue of any injury I may incur while participating in the training. I understand that my image may be included in photographs taken in the course of participating in those activities.

I FULLY UNDERSTAND THE TERMS CONTAINED IN THIS WAIVER CONCERNING THE RELEASE OF LIABILITY AND INDEMNIFICATION AND THAT THIS WAIVER SHALL BE LEGALLY BINDING ON THE UNDERSIGNED INDIVIDUAL, THEIR HEIRS, EXECUTORS, ADMINISTRATORS, AND SUCCESSORS.

Signature

Date

*Please fax or email completed Couch to 5k enrollment form to Williamson County Health Dept.
Attn: Patty Norem 615-790-5967 or patricia.norem@tn.gov*